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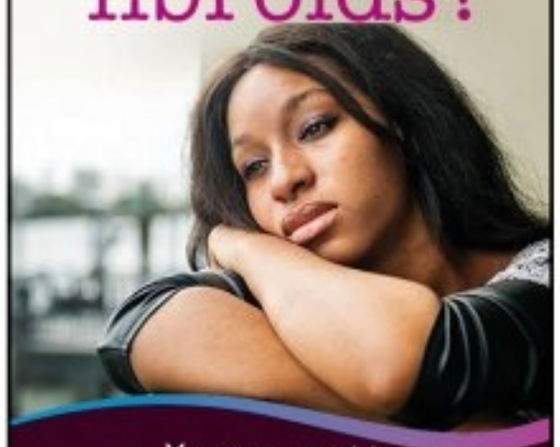

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8 THINGS TO KNOW

Death toll in Mozambique cyclone could surpass 1,000

The number of people killed in a powerful storm and preceding floods in Mozambique could exceed 1,000.

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Eighty-four deaths have been confirmed so far in Mozambique as a result of Cyclone Idai, which has also left a trail of death and destruction across Zimbabwe and Malawi, with vast areas of land flooded, roads destroyed and communication wiped out.

Speaking on Radio Moçambique, President Filipe Nyusi said he had flown over the affected region, where two rivers had overflowed. Villages had disappeared, he said, and bodies were floating in the water.

"Everything indicates that we can register more than 1,000 deaths," he said.

The cyclone has also killed 98 people and more than 200 are missing in Zimbabwe, the government said on Monday, while the death toll in Malawi from heavy rains and flooding stood at 56 as of last week. No new numbers had been released following the cyclone's arrival in the country.

Caroline Haga, a senior International Federation of the Red Cross official who is in Beira, said the situation could be far worse in the surrounding areas, which remained completely cut off by road and where houses were not as sturdy.

Nyusi flew over areas that were otherwise accessible, and some of which had been hit by flooding before Cyclone Idai.

RESCUE EFFORT

In Beira, Mozambique's fourth-largest city and home to 500,000 people, a large dam had burst, further complicating rescue efforts.

Large swathes of land were completely submerged, and in some streets people waded through knee-high water around piles of mangled metal and other debris.

In the early hours of Monday morning, rescuers launched dinghies onto chest-high waters, navigating through reeds and trees — where some people perched on branches to escape the water — to rescue those trapped by the flooding.

Meanwhile, rescuers were struggling to reach people in Zimbabwe's Chimanimani district, cut off from the rest of the country by torrential rains and winds of up to 170 kph (106 mph) that swept away roads, homes and bridges and knocked out power and communication lines.

Zimbabwe's treasury has released $18 million to rebuild roads and bridges, provide water and sanitation and electricity. Families began burying the dead but the death toll is expected to rise.

Many people had been sleeping in the mountains since Friday, after their homes were flattened by rock falls and mudslides or washed away by torrential rains.

The Harare government has declared a state of disaster in areas affected by the storm. Zimbabwe, a country of 15 million people, was already suffering a severe drought that has wilted crops. REUTERS

Soda, sports drinks tied to higher risk of early death

2 People who consume lots of sugary sodas and sports drinks every day may be more likely to die early of causes like heart disease and cancer than people who rarely, if ever, indulge in these beverages, a U.S. study suggests. Heavy soda and sports drink consumption was associated with a 28 percent higher risk of early death from any cause, a 31 percent higher risk of death from heart disease and a 16 percent increased risk of death from cancer, researchers found. "Here in the U.S., about half of the population consumes at least one sugar-sweetened beverage per day," lead study author Vasanti Malik, a nutrition researcher at the Harvard T.H. Chan School of Public Health in Boston, said by email. "Replacing sugar-sweetened beverages with other beverages, particularly water, is one strategy to improve health and longevity."

Economic adviser to Obama and Clinton takes own life

3 Alan Krueger, a prominent Princeton economics professor who advised Presidents Bill Clinton and Barack Obama, took his own life over the weekend, his family said in a statement on Monday. He was 58. The statement did not elaborate about the circumstances of Krueger's death, nor did the university when confirming it earlier in the day. Krueger served in the last two Democratic administrations — as chief economist for the U.S. Department of Labor during the Clinton era and as chair of the White House Council of Economic Advisers for Obama. "It is with tremendous sadness we share that Professor Alan B. Krueger, beloved husband, father, son, brother, and Princeton professor of economics took his own life over the weekend," his family said in the statement furnished by the university. "The family requests the time and space to grieve and remember him."

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Gokmen Tanis was taken into custody after three were killed in Utrecht. REUTERS

Dutch police arrest Turkish man suspected of killing 3

The motive of Gokmen Tanis, 37, remained unclear.

Dutch police arrested a Turkish man suspected of shooting dead three people and wounding five on a tram in the Dutch city of Utrecht on Monday.

Police said the suspect, 37-year-old Gokmen Tanis, had been taken into custody after an hours-long manhunt.

The city was put into lockdown after the shooting, shortly after the morning rush hour, which authorities initially said was an apparent terrorist attack. Police conducted raids in several locations after issuing an image of Tanis and warning the public not to approach him.

But hours after the shooting, the gunman's motive remained unclear. A prosecutor said it could be for "family reasons" and Turkey's state-run Anadolu news agency, quoting relatives of the gunman, said he had fired at a relative on the tram and had then shot at others who tried to help her.

Helicopters hovered over the usually quiet medieval town.

Authorities had raised the terrorism threat in Utrecht province to its highest level. Schools were told to shut their doors and paramilitary police increased security at airports, other vital infrastructure and at mosques.

The threat level was reduced by one notch after the suspect was arrested.

The National Counter-Terrorism Agency "reduced the threat level for the province of Utrecht to level 4. Motive is the arrest of the main suspect of the shooting," it said.

Dutch Prime Minister Mark Rutte convened crisis talks immediately after the incident, which came three days after a lone gunman killed 50 people in mass shootings at two mosques in the city of Christchurch, New Zealand.

"Our country has today been shocked by an attack in Utrecht. ... A terrorist motive cannot be excluded," Rutte said.

"The first reports have led to disbelief and disgust. Innocent people have been struck by violence. ... We are now doing everything we can to find the perpetrator or perpetrators as soon as possible."

The mayor of Utrecht, Jan van Zanen, said three people had been killed and nine injured, three of them seriously. The number of injured was later lowered to five.

The suspect had previous run-ins with law enforcement, the regional prosecutor said on Monday. Prosecutor Rutger Jeuken told reporters the man had previously been arrested, without giving further details.

The shooting took place in Kanaleneiland, a quiet residential district on the outskirts of Utrecht with a large immigrant population.

"It's frightening that something like this can happen so close to home," said Omar Rahhou, who said his parents lived on a street cordoned off by police. "These things normally happen far away but this brings it very close, awful."

Witness Daan Molenaar, who said he had been sitting at the front of the tram when the shooting started, told national broadcaster NOS he did not believe it was a terrorist attack.

"The first thing I thought was, this is some kind of revenge or something, or somebody who's really mad and grabbed a pistol," he said.

The streets of Utrecht were emptier than usual and mosques in the city kept their doors closed on Monday. Police screened off the site where at least one body lay covered near the tram.

Dutch television showed counterterrorism units surrounding a house in Utrecht and sniffer dogs being put to work.

Utrecht, the Netherlands' fourth-largest city with a population of around 340,000, is known for its picturesque canals and large student population. Gun killings are rare in Utrecht, as elsewhere in the Netherlands. REUTERS

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Conor McGregor is at a crossroads in his life, says Stallone

Actor Sylvester Stallone says he believes Conor McGregor is at a crossroads in his life after the MMA fighter's latest arrest and an earlier loss to Khabib Nurmagomedov. "If he can't overcome his fear and beat this man, I think it'll plague him for the rest of his life," Stallone, a minority owner of the UFC, told TMZ Sports.

McGregor was arrested in Miami Beach last week after a fan said the Irish mixed martial arts fighter smashed his phone and walked off with the shattered remains, according to police records.

He was booked on suspicion of robbery and criminal mischief and later released on bond.

Nurmagomedov retained his UFC lightweight title with a submission victory over McGregor in October after which a brawl broke out with members of the Russian's support team arrested.

The 72-year-old Stallone, famous for his action roles including boxer Rocky Balboa, said McGregor should tell himself: "Okay, I've gone through a very rough time. I've been somewhat publicly humiliated. I'm at a crossroads in my life ... I have to overcome an incredible opponent who seems invulnerable."

Stallone added he would like to see a rematch between McGregor and Nurmagomedov.

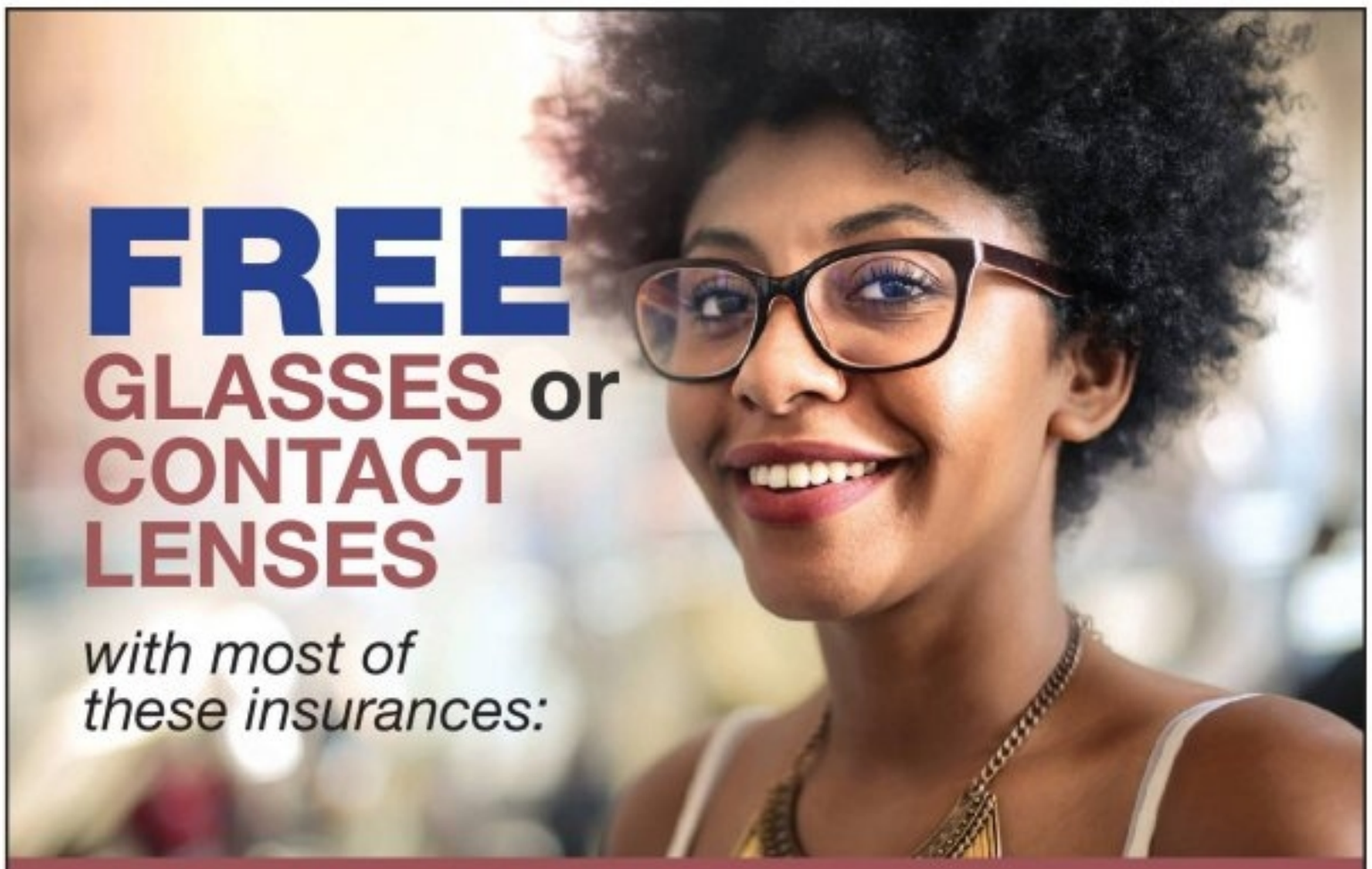
"This is a crossroads in his life," Stallone said of McGregor. "This is probably the most important one because if he doesn't live up to his ideal ... if he can't overcome his fear and beat this man, I think it'll plague him for the rest of his life."

Neither McGregor nor a spokesman could be reached for immediate comment.

The fighter was charged in April 2018 with three counts of assault and one count of criminal mischief after police said he attacked a charter bus in New York carrying UFC fighters.

He later pleaded guilty to a reduced disorderly conduct charge.

REUTERS



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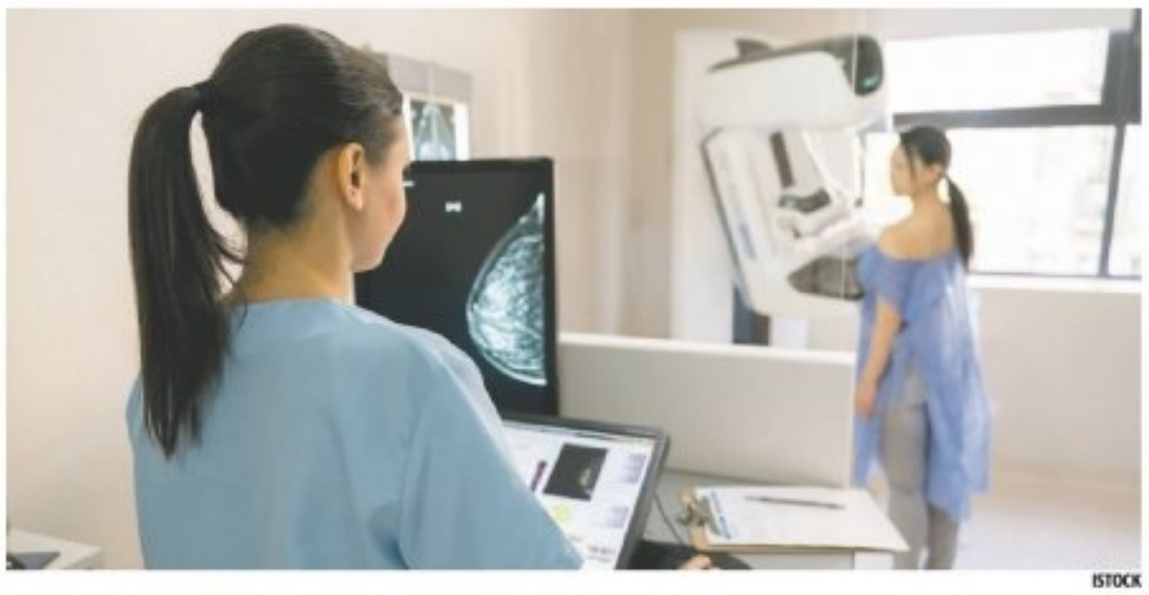

ISTOCK

Pregnancies tied to breast cancer odds for high-risk women

Number and timing of pregnancies were factors of influence.

Having more than one pregnancy has long been linked to lower odds of breast cancer, and a new study suggests that may hold true even for some women with genetic mutations that put them at high risk for malignancies.

Researchers focused on women with mutations in two genes — BRCA1 and BRCA2 — that put them at a vastly increased risk of developing breast and ovarian tumors. Women with these gene mutations who do get cancer may have especially aggressive tumors that grow rapidly, spread quickly and are much harder to treat.

Compared to women with BRCA1 mutations who only had one full-term pregnancy, those who had two live births were 21 percent less likely to develop breast cancer, the study found. Having three pregnancies was tied to a 30 percent lower risk, and having four or more was associated with a 50 percent reduction. However, one or more pregnancies increased the risk for women with BRCA2 mutations unless they had at least four.

"We see a different pattern of risk for BRCA1 and BRCA2 mutation carriers," said lead study author Mary Beth Terry of the Columbia University Mailman School of Public Health in New York City.

Few studies to date have explored whether the number and timing of pregnancies influence breast cancer risk for women with BRCA1 and BRCA2 mutations, Terry's team writes in the Journal of the National Cancer Institute.

With BRCA1 and BRCA2 mutations, roughly 70 percent of women will develop breast cancer by age 80, they note.

For the current study, researchers examined data on almost 8,000 women with BRCA1 mutations and more than 5,100 women with BRCA2 mutations.

Compared to those with no pregnancies, women with BRCA1 mutations who had only one full-term pregnancy were at an increased risk of breast cancer, as were women with BRCA2 mutations who had fewer than four pregnancies.

Longer duration of breastfeeding was associated with a lower risk of breast cancer for BRCA1 mutation carriers, the study also found.

With BRCA2 mutations, women had a greater risk of breast cancer when they were older at the time of their first pregnancy than when they started having kids earlier in life. Older first-time mothers with BRCA1 mutations didn't appear to have a greater risk of breast cancer than their younger counterparts, however.

"We see a different pattern of risk for BRCA1 and BRCA2 mutation carriers."

Mary Beth Terry, of Columbia University

The study wasn't designed to prove whether or how the number or timing of pregnancies might directly impact cancer risk. Researchers also lacked data on a variety of other factors that can influence cancer risk, and it's possible that women who have multiple pregnancies might be healthier overall than women who have fewer kids.

Another limitation is that researchers didn't look at whether women had what's known as a preventive oophorectomy, or surgical removal of the ovaries, said Dr. Banu Arun, co-director of clinical cancer genetics at the University of Texas MD Anderson Cancer Center in Houston.

"Preventive oophorectomy after childbearing age is recommended in women with BRCA mutations, which was shown to potentially reduce breast cancer," Arun, who wasn't involved in the study, said by email. "It is possible that pregnancy-related increased breast cancer risk could be offset with oophorectomy in BRCA2 mutation carriers." REUTERS

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‘Style muse’: Meghan’s rise to a royal fashionista

Meghan, Duchess of Sussex at the Endeavour Fund Awards in London.

Her jackets and jeans, bangles and bags can instantly send tongues wagging and designers’ sales soaring.

Since being catapulted into the global spotlight as Prince Harry’s girlfriend in 2016, Meghan’s outfits have been scrutinized and copied, often crashing websites selling her apparel.

Fashion blogs and social media accounts dedicated to the American’s style have mushroomed, just as they sprang up for her sister-in-law Kate, Prince William’s wife, allowing followers to comment on her latest sleek looks usually in a monochrome palette.

“‘The Meghan effect’ is this economic phenomenon similar to ‘the Kate effect’...where if she wears it, it turns to gold,” said Christine Ross, co-editorial director of Meghan’s Mirror fashion blog, describing Meghan’s style as “very on-trend and modern.”

Almost everything she wears up to and around the $300 or 300-pound mark, a pretty high price point, sells out, she added.

Designer dresses, luxury handbags and stylish stilettos are the fashion dream of many women, but for a young royal they are the staple of an everyday wardrobe.

For her busy royal diary, the now-Duchess of Sussex usually wears expensive labels, namely French couture house Givenchy, whose British artistic director Clare Waight Keller designed Meghan’s wedding dress.

Dior, Ralph Lauren, Carolina Herrera and Oscar de la Renta are among other formal and evening wear go-to brands.

ALL REUTERS IMAGES

“Meghan’s wardrobe is really unique because there are so many bespoke pieces in it and we’ll really never know how much those cost,” Ross said.

She estimates her wardrobe at about 500,000 pounds ($657,750) a year.

While becoming a trendsetter, Meghan, named 2018’s best-dressed woman by People magazine, has stayed loyal to smaller brands she wore before her global fame.

The 37-year-old, who used to film drama “Suits” in Toronto, has worn Canadian labels Mackage, Aritzia and Line the Label.

For casualwear, she has worn J.Crew and brands known for their environmental and social credentials: a Reformation dress, Veja sneakers, Outland Denim jeans and jewelry made from recycled metal.

“Meghan carved this niche for supporting these sustainable fashion brands,” Holly Rains, digital editor at magazine Marie Claire UK, said. “People are now going to Meghan as a style muse. ... She crashes sites.”

It is particularly her more affordable accessories that are snapped up by consumers.

“The jewelry, the bags, the belts is where we can dip in and get that kind of Meghan touch to our outfits,” Rains said.

Ross said Meghan’s casual jean looks proved popular with readers. Her maternity wear as she awaits her first child is also eagerly followed.

“She’s done a lot of bespoke pieces, a lot of customization pieces that aren’t maternity at all and it’s really been a difference,” Ross said. REUTERS

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Report: Santana busted TV as Phils played 'Fortnite' during game

The Phils went a dismal 8-20 last September.

Phillies Carlos Santana and Maikel Franco. USA TODAY SPORTS

In the midst of the Philadelphia Phillies' late-season collapse in the final two months of the 2018 campaign, Carlos Santana apparently provided the biggest hit in the team's clubhouse.

As the Phillies' young team suffered through an 8-20 September after having had the best record in baseball in late July, the team's former first baseman — traded to the Seattle Mariners in December — reportedly discovered younger ex-teammates playing the video game "Fortnite" in the clubhouse during one game against rival Atlanta.

So, as Santana related to ESPN's Jeff Passan, the 32-year-old veteran slugged the television the players were using with a bat.

"I see a couple players — I don't want to say names — they play video games during the game," Santana told ESPN. "We come and lose too many games, and I feel like they weren't worried about it — weren't respecting their teammates or coaches or the staff or the office. It's not

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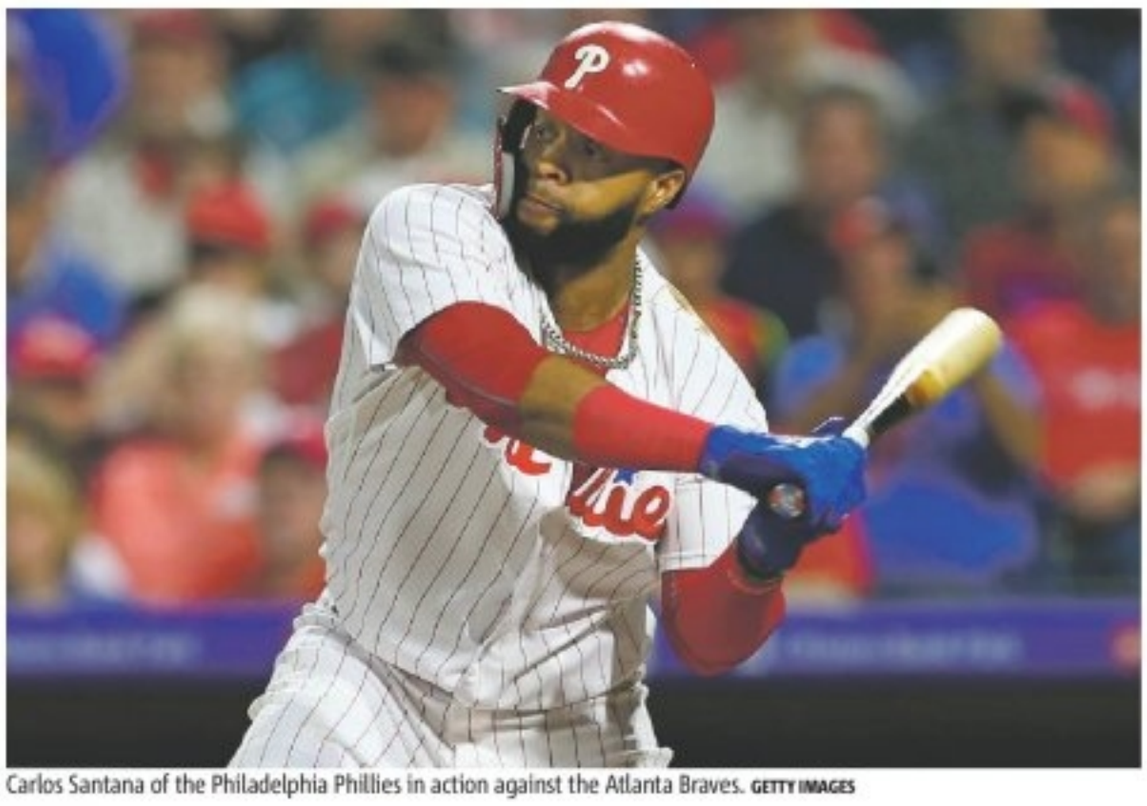

Carlos Santana of the Philadelphia Phillies in action against the Atlanta Braves. GETTY IMAGES

my personality. But I'm angry because I want to make it good."

Santana was part of a trade on Dec. 3 that sent him to Seattle along with young shortstop J.P. Crawford for all-star shortstop Jean Segura. Phillies general manager Matt Klentak told ESPN's Passan that the incident was not related to the trade, adding it was "tough to include him in the trade with Seattle, but sometimes you have to trade good players to acquire other good players."

"I feel like they weren't worried about it — weren't respecting their teammates or coaches or the staff or the office."

Carlos Santana

Santana, 32, played in 161 games in his first season with the Phillies in 2018 and hit .229 with 24 homers, 86 RBIs and 110 walks. The nine-year veteran has a career average of .247 with 198 home runs and 673 RBIs and spent his first eight seasons with the Cleveland Indians. REUTERS

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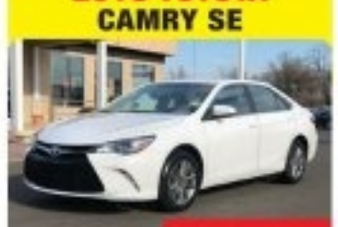
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Pat King
Grumble Editor

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READER WRITE-INS:

SHUT THE LIGHTS OFF!

I don't understand why businesses and offices leave their lights on 24/7. Aren't we supposed to be conserving energy and reducing our carbon footprint? Never mind that the cost of their escalating electric bills gets pushed down to the consumer, or that the bright lights shine into adjacent apartment bedroom windows. I'm sure that Con Edison is delighted. I'm not. SHUT THE LIGHTS OFF!!

— **Anonymous,** *Metro US reader*

A FAREWELL TO COWS

Though outstanding in
your field,
Though in gallons you pour out
your yield,
I must say adieu to you.

From tongue to teat
You're really sweet,
But I must say
Adieu to you.

I really think all things bovine
Couldn't be more divine,
I must say adieu to you.
They fill you up
With drugs and corn.
So soon I must be mooving on
I must say adieu to you.

Children love you, so do I.
You go so good with cake and
pie,
But I must say adieu to you.

— **Carol Nelson,** *Metro US reader*

VENT TO US!
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♈ **Aries** Be watchful of anyone who can affect your reputation. Keep an open mind, but don't be gullible.

♉ **Taurus** Make plans and follow through. Address issues of concern and work alongside others to solve problems.

♊ **Gemini** Evaluate your position and career path and make adjustments that will encourage you to reach your goals.

♋ **Cancer** Put your priorities in order and look for accomplices who are just as driven as you are.

♌ **Leo** Look at what's going on around you, and do what you can to carry on without getting into a dispute.

♍ **Virgo** Meetings are favored and partnerships will prove valuable. Set high standards and focus on making new connections and getting ahead.

♎ **Libra** Trust in your ability and don't let someone's demands or criticism stop you from pursuing your goals.

♏ **Scorpio** Precision and style will all play a role in helping you get what you want. A partnership will lead to stellar results.

♐ **Sagittarius** Emotional matters will escalate quickly. Don't overreact or you will end up in a stalemate and will accomplish nothing.

♑ **Capricorn** Make change happen. Don't wait for someone else to step up when you can take action and control the outcome.

♒ **Aquarius** If you take on too much or make promises you cannot keep, you will end up being blamed for your shortcomings.

♓ **Pisces** An opportunity will help you advance. Don't second-guess your ability to outmaneuver competition. A personal pick-me-up will make your day. EUGENIA LAST

From "Barbarella" to "Captain Marvel": The evolution of female superheroes

Today's badass female superheroes reveal how much costumes have changed on the big screen in recent years.

LUZ LANCHEROS, MWN
letters@metro.us

MARVEL STUDIOS

The galactic warrior Barbarella, played by Jane Fonda, a reflection of her time, limited herself to having big hair and showing women's sexual liberation. There is even a scene where she has an orgasm that in these times would not make sense for an audience seeking representation. Yet it paid off, because despite the negative reviews — mainly misogynistic — that "Captain Marvel" (2019) has received, the film has already hit $187 million at the box office in its first week in theaters. Because yes, despite the fact that Barbarella and Michelle Pfeiffer's latex Catwoman are icons, today the audience is looking for something beyond a sexualized figure, so common in comics and superhero films before 2010.

Perhaps unsurprisingly, Larson's superhero suit and infrequent smile, hairstyle and even her rear end in the film have been the targets of misogynistic comments (by the thousands) on sites like Rotten Tomatoes. The character has been criticized for not being the popular, stereotypical hero that has been a hit for years in the DC and Marvel film universes. For the second time — we recently saw this with the women characters of "Black Panther" — she has decided that her sensuality is not her main attribute. In fact, in the face of these absurd misogynistic critiques, a parodic initiative on Twitter called #SelfiesForBrie saw ridiculous smiles photoshopped onto other Marvel heroes' faces. The actress responded to the "smile more" backlash, saying that each of them was strong in their own way. But, why the hype?

Explains Metro costume analyst Diana Lucía Gómez: "The idea of building the character is focused on empowerment rather than on sensuality. The suit makes her look strong and highlights all her muscles. What people are criticizing is having left out that sexual dimension, because she does not show any skin. Now, Marvel has to translate the suit into recognizable merchandise for toys, t-shirts and costumes, and their intention is to not make it look too masculine. They have more sexual characters, like Black Widow, whose sensuality is part of her power. Marvel is not feminist, by any means, but they know that women now go to the movies because what was once believed to be for men, today opens up other marketing possibilities and people feel better taking their daughters to the movies when they know there will be a positive representation."

This already has happened with other films of the same style, notably "Wonder Woman" (2017). The costumes of the Amazon women generated enormous annoyance in terms of their lack of sexualization, because they were wearing actual armor. When they were re-sexualized in "Justice League," there were protests.

In the wake of #MeToo, female influence on the big screen now sees female heroes saying "bye bye" to those sexy Batgirl and Supergirl miniskirts, removing these traditionally female features and giving them a makeover — and incidentally, influencing fashion through these new costumes. Long hair and sexy are left behind for physically fit and strong, something that we have been seeing on Instagram for so long, which is a reality of these new times: Strong is the new skinny.

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FIRST FOUR: March 19-20 1st ROUND: March 21-22 2nd ROUND: March 23-24 SWEET

EAST REGION
WASHINGTON, D.C.
MARCH 31

1 DUKE
MARCH 22
16 NCC/ND ST.
COLUMBIA
MARCH 24
8 VCU
MARCH 22
9 UCF
5 MISSISSIPPI ST.
MARCH 22
12 LIBERTY
SAN JOSE
MARCH 24
4 VIRGINIA TECH
MARCH 22
13 SAINT LOUIS
6 MARYLAND
MARCH 22
11 BELMONT/TEMPLE
JACKSONVILLE
MARCH 23
3 LSU
MARCH 21
14 YALE
7 LOUISVILLE
MARCH 21
10 MINNESOTA
DES MOINES
MARCH 23
2 MICHIGAN ST.
MARCH 21
15 BRADLEY

MARCH 29
MARCH 29

WEST REGION
ANAHEIM, CA
MARCH 30

1 GONZAGA
MARCH 21
16 FDU/PRAIRIE VIEW
SALT LAKE CITY
MARCH 23
8 SYRACUSE
MARCH 21
9 BAYLOR
5 MARQUETTE
MARCH 21
12 MURRAY ST.
HARTFORD
MARCH 23
4 FLORIDA ST.
MARCH 21
13 VERMONT
6 BUFFALO
MARCH 22
11 AZ ST./ST. JOHN'S
TULSA
MARCH 24
3 TEXAS TECH
MARCH 22
14 N. KENTUCKY
7 NEVADA
MARCH 21
10 FLORIDA
DES MOINES
MARCH 23
2 MICHIGAN
MARCH 21
15 MONTANA

MARCH 28
MARCH 28

APRIL 6

FINAL
MINNEA
APRIL

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16: March 28-29 ELITE 8: March 30-31 FINAL FOUR: April 6 CHAMPIONSHIP: April 8

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MARCH 31

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KANSAS CITY, MO
MARCH 30

FOUR
APOLIS
6 & 8

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APRIL 6

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MARCH 28

COLUMBIA MARCH 24
- 1 VIRGINIA
- MARCH 22
- 16 GARDNER-WEBB
- 8 MISSISSIPPI
- MARCH 22
- 9 OKLAHOMA
- 5 WISCONSIN

SAN JOSE MARCH 24
- MARCH 22
- 12 OREGON
- 4 KANSAS ST.
- MARCH 22
- 13 UC IRVINE
- 6 VILLANOVA

MARCH 28

HARTFORD MARCH 23
- MARCH 21
- 11 ST. MARY'S
- 3 PURDUE
- MARCH 21
- 14 OLD DOMINION
- 7 CINCINNATI

COLUMBUS MARCH 24
- MARCH 22
- 10 IOWA
- 2 TENNESSEE
- MARCH 22
- 15 COLGATE
- 1 NORTH CAROLINA

MARCH 29

COLUMBUS MARCH 24
- MARCH 22
- 16 IONA
- 8 UTAH ST.
- MARCH 22
- 9 WASHINGTON
- 5 AUBURN

SALT LAKE CITY MARCH 23
- MARCH 21
- 12 NEW MEXICO ST.
- 4 KANSAS
- MARCH 21
- 13 NORTHEASTERN
- 6 IOWA ST.

MARCH 29

TULSA MARCH 24
- MARCH 22
- 11 OHIO ST.
- 3 HOUSTON
- MARCH 22
- 14 GEORGIA ST.
- 7 WOFFORD

JACKSONVILLE MARCH 23
- MARCH 21
- 10 SETON HALL
- 2 KENTUCKY
- MARCH 21
- 15 ABILENE CHRIST.

Stretch and sip

Philadelphia Brewing Company is offering workout classes with a refreshing twist.

MOLLY GIVEN
Molly.Given@metro.us

Work out, then chill out at PBC. ALL PHOTOS PUNCH MEDIA

If you love yoga just as much as you love beer, listen up. Philadelphia Brewing Company has found a way to pair the two beautifully, and all Philadelphians are invited to stretch and sip.

Every Tuesday night, Philadelphia Brewing Co., the city's oldest brewery, is offering an hour-long yoga class followed by a fun happy hour where every yogi receives a complimentary beer in the upstairs Stable Bar. You worked hard in the workout class, why shouldn't you indulge in a refreshing brew? Participants have their choice between an enticing Philadelphia Brewing Co. beer or a Commonwealth Cider. Options include the classic Kenzinger (a German-style Pilsner), the Newbold IPA (an American IPA), and the Walt Wit (PBC's take on the Belgium Witbier). Commonwealth Ciders also come in a variety of flavors, including Traditional Dry, Gregarious Ginger and Black Cherry. The best part? Commonwealth Ciders are naturally gluten-free and contain only 1 gram of sugar.

Any yoga-loving beer drinker can head to Philadelphia Brewing Company on Tuesday nights at 6 p.m. to indulge in the fun.

But that's not all. On Friday, March 22, PBC will be taking their workout sessions up a notch with a specialty high-spirited HIIT and yoga class called Booty Call. The HIIT class will be led by personal trainer Alana Messine with a yoga flow class following

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led by master yogi Stacia Nero. Messine was certified as a personal trainer through NASM and has been changing people's lives in the City of Brotherly Love for years. Nero finished her training in 2010 and has been offering her uplifting and intense classes for almost a decade.

DJ Yolo Ono will be providing the beats for the night, and all booty callers will also receive a complimentary Philadelphia Brewing Co. beer or Commonwealth Cider after the workout session has wrapped.

The March 22 event will also feature a chance to win the ultimate Philly wellness basket, including a treatment with Summit Acupuncture and Brewerytown Chiropractic, plus Cook & Proper CBD products. Additional prizes include a head-to-toe Lululemon outfit and one-on-one sessions with Alana and Stacia. Tickets are $35; doors open at 6 p.m., with the HIIT class starting at 6:30 p.m., yoga flow at 7:10 p.m. and drinks at 8:10 p.m. Anyone who wishes to participate can purchase tickets on Eventbrite.

Philadelphia Brewing Company is located at 2440 Frankford Ave. The brewery is massive, boasting 38,000 square feet. The size of the building offers the perfect venue for many interesting events and escapades including the unique and fun fitness classes.

For more information on Philadelphia Brewing Company and their upcoming events, visit philadelphiabrewing.com.

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Money mistakes even smart people make

NerdWallet is a personal finance website.

Certified financial planner Jill Schlesinger has seen smart people make some pretty spectacular money mistakes.

One client who repeatedly refused to buy disability insurance later developed multiple sclerosis. A doctor she knew put off writing a will and left behind a six-figure tax bill. A technology company engineer balked at her suggestion to sell some of his stock options, only to watch their value and his retirement plans evaporate when the market plunged.

Schlesinger, a CBS News business analyst and author of "The Dumb Things Smart People Do With Their Money," admits to financial missteps as well, including waiting for "just the right moment" to invest and missing a big jump in the stock market.

"We're emotional animals, not just rational ones," Schlesinger says. "So even otherwise intelligent people are stymied by their emotions — usually fear and greed — and their cognitive biases."

In fact, a whole field of economics is devoted to exploring how we make financial decisions — including the bad ones. Behavioral economics tries to pinpoint where our brains and emotions lead us wrong, as well as what we can do about it.

Embrace pessimism

Most of us don't like to dwell on what could go wrong, Schlesinger notes, and many of us believe we're better at predicting the future than we actually are. Overconfidence, excessive optimism and the conviction that the recent past will continue into the future mean many of us don't adequately protect ourselves.

The client who wouldn't buy disability insurance, for example, thought he wouldn't need it because he was healthy. The stock option guy didn't want to sell a winning investment, not understanding how vulnerable he was to a downturn. The doctor just didn't want to think about dying.

The antidote to this kind of thinking is to stop trying to calculate the odds of something going wrong. Focus instead on how much you or your loved ones have to lose if the worst happens. If you can't easily absorb that loss, then buy the insurance, diversify your investments and write your will.

Slow down

A common sales tactic is to try to create a sense of urgency so people will act. But we tend to make mistakes when we rush. If you feel pressured to buy a product, sign up for a service or invest in something, take a step back.

Schlesinger recommends asking these five questions before making investments, but they could easily apply to other financial decisions:

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What are the alternatives? How easy is it to get my money out and what fees or penalties will I pay?

What tax consequences will this carry for me?

What's the worst-case scenario I face with this?

Seek out, and listen to, expert advice

Most financial advisors aren't required to put your interests ahead of their own. They can sell you an investment that costs more or performs worse than an alternative, simply because it puts more money in their pocket.

This lack of a so-called fiduciary duty has convinced many people they're better off handling their own financial affairs. A do-it-yourself approach may actually be appropriate, Schlesinger says, when you're getting a handle on the basics: paying off credit card debt, starting to save for retirement and building an emergency fund.

You still would be smart to seek out an expert if you're confronting a situation that's complex or out of the ordinary, she says. If the IRS is auditing you, you need a tax pro. If you're being sued by a creditor, you need a lawyer. If you're about to inherit a large sum — more money than you're accustomed to dealing with — you should talk to a fee-only financial planner who agrees in writing to put your interests first.

The more money you have, the more likely you are to face complex situations that require expertise you don't have. The consequences of making a mistake or not spotting a problem can be greater as well, which is why financial planners often hire their own financial planners.

Two areas that are particularly tricky are estate planning and retirement income strategies, including when to start Social Security and how to tap retirement funds. The cost of getting an expert second opinion could be a fraction of what you would pay for a mistake.

"We all make dumb mistakes, but some of them can be costly — and life-altering," Schlesinger says.

This article was written by NerdWallet and was originally published by The Associated Press.

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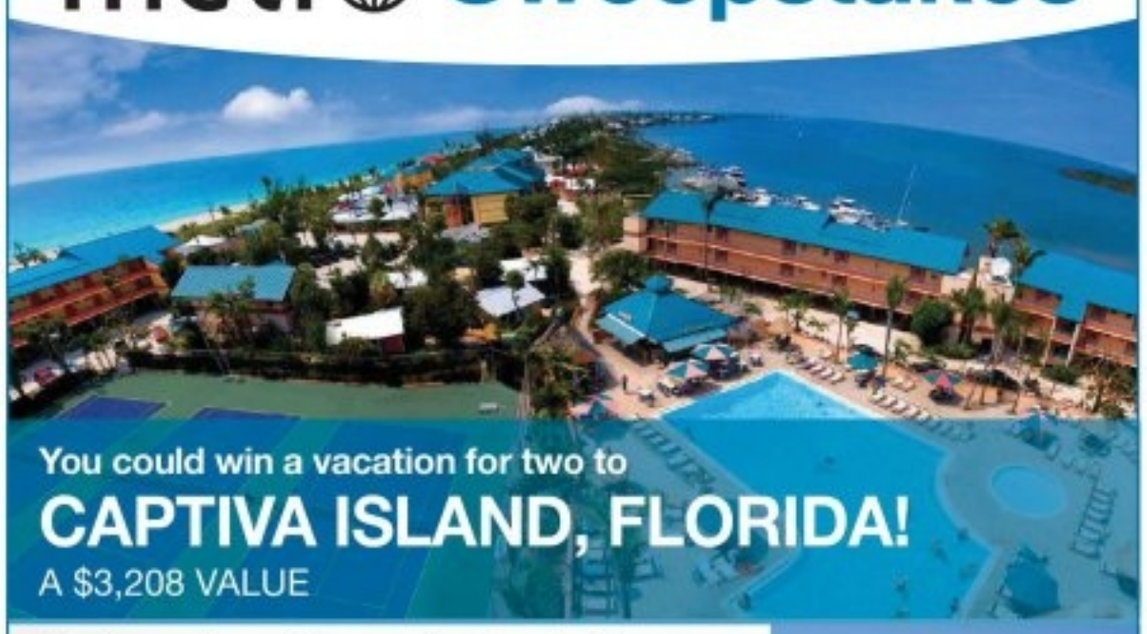

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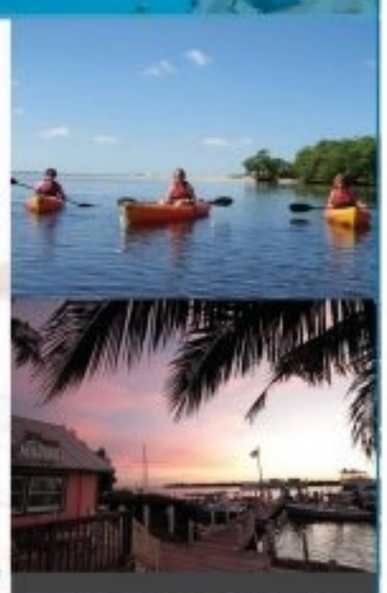

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PA February sports betting numbers released

Sportsbooks saw a small dip despite the Super Bowl.

MATT BURKE

Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

ISTOCK

The state of Pennsylvania's sports betting numbers for the month of February were released on Monday, with the total handle coming in at $31.5 million. This is down slightly from the month of January, when the statewide handle was $32 million — generating $2.6 million in revenue.

There are a few things to consider here when it comes to the small drop-off. The first is that February is one of the deadest months on the sports calendar despite the Super Bowl to kickoff the month. In the previous month of January, the sportsbooks that were up and running in the state got a boost from the Eagles' playoff run, and there were three rounds of NFL playoff games to bet on, not just one big game.

The second issue is that there is still no online presence in Pennsylvania. New Jersey saw its numbers blow up in the first few months of sports betting legalization, mostly due to the convenience of being able to bet on sports from your couch.

Those are valid excuses for Pennsylvania.

That said, most industry experts expected the state's handle for the month of February to jump a tad because of the simple fact that new betting locations were introduced during the month.

Here is the breakdown by sportsbook in the state for February by handle (total amount of money wagered):

Rivers Sportsbook (Pittsburgh): $8.14 million

SugarHouse Sportsbook: $7.09 million

Parx Casino Sportsbook: $6.96 million

Hollywood Sportsbook (Grantville): $3.74 million

Harrah's Sportsbook: $2.95 million

South Philadelphia Turf Club: $2.60 million

All told, these numbers are just slightly disappointing for Pennsylvania but far from alarming. New Jersey's handle was also down in the month of February, dipping from a record $385.2 million in January to $320.3 million. Nearly $2 billion has been bet on sports in the state of New Jersey since it began legalized betting last summer.

TWEET OF THE DAY

Scott Van Pelt
@notthefakeSVP

People didn't like @JayBilas saying the hay was in the barn. It was. Iowa State a 6, 'Nova a 6, Auburn a 5, Cincinnati a 7 and MSU a 2. All won their tournaments and it seemed to mean nothing in terms of seeding. Not one thing.

Sports betting 101: What is a moneyline?

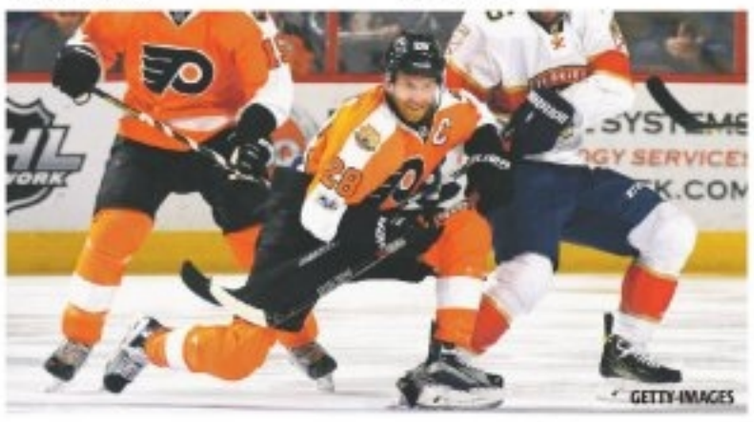
VSiN

Moneylines are the simplest type of bet. In a moneyline wager, bettors make bets simply on who will win the game. This does not involve any point spreads or margins of victory. This form of betting odds focuses just on who will be the outright winner. Let's take a look at an example. Let's say the Rangers' odds are -150, while the Flyers' odds are +130.

The first thing to take notice of is the plus or minus sign in front of the number. The team with a plus sign in front of the odds is the underdog — in this case, the Flyers. Because of this fact, they can potentially earn a higher payout if they win. The number in the odds means something slightly different depending on whether it has a positive or negative sign in front of it. With its odds set at +130, a Flyers bet offers a $130 payout for every $100 bet on it. So if someone were to bet on the Flyers, and the Flyers won, that person would win $130.

A minus sign at the beginning of odds means the team is favored to win. The number indicates how much someone would need to wager in order to win $100. So if someone were to place a $150 bet in favor of the Rangers and the Rangers won the game, that person would win $100. If that person were to bet $300 instead, and the Rangers still won, they would win $200.

JEFF FOGLE



GETTY-IMAGES

Betting trends

Preview: Temple Owls vs. Belmont Bruins

MONDAY, 8 P.M.

23-9	Overall record	26-5
15-14-2	ATS record	16-9-2
17-14	O/U record	15-12
9-5-1	ATS Away	8-4-1
7-3	L10	9-1
11 of L13 have gone Under	Betting trend	7-6 O/U on road/neutral
EVEN	Line	EVEN

O/U: Over/under. L10 = Last 10 games. ATS = Against the spread.

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Betting preview for Tuesday's First Four

Temple faces Belmont while Fairleigh Dickinson squares off with Prairie View A&M.

Is that music getting closer? The 2019 Big Dance is about to begin!

Fairleigh Dickinson has trekked from Teaneck, New Jersey, to Dayton, Ohio, for the NCAA Tournament's first play-in game Tuesday vs. Prairie View. Both are 16 seeds. That's followed by what's already a much-anticipated battle of 11 seeds featuring Belmont and Temple.

Let's look at both matchups from a market perspective.

BELMONT VS. TEMPLE (TRUTV, 9:10 P.M.)

Soft openers offshore and in Nevada were in the range of Belmont -3 to -4. That tells you right there that oddsmakers thought the Bruins were better than a bubble-caliber team. Your game-day line will tell you which direction pro bettors preferred to "sharpen" the number.

If you've been following the Big East, it's easy to deduce a sense of where Belmont stands in the big picture. Belmont is from Murray State's conference. Murray State opened as a +4 Dance underdog to Marquette, of the Big East. That's about the same point spread as Marquette vs. Seton Hall in the Big East semifinals last week. So, think of Murray State as equal to Seton Hall. Belmont was -2 over Murray State in the Ohio Valley Conference finals. Belmont should be about a bucket better than Seton Hall on your Power Ratings scale.

GETTY IMAGES

Is the market giving too much credit to the likes of Belmont and Murray State? That could be one of the compelling stories of the entire first week. Both are positioned to make a statement, but either could be exposed.

Belmont versus Temple should be a track meet. Belmont is even faster than Prairie View, while Temple moves at an above-average pace.

The winner of Belmont/Temple matches up with No. 6 Maryland on Thursday. These teams are grouped in the same quarter as No. 3 LSU, and the same half as No. 2 Michigan State in the East regional.

FAIRLEIGH DICKINSON VS. PRAIRIE VIEW (TRUTV, 6:40 P.M.)

Low-profile teams like these aren't a significant part of regular-season betting action. So, oddsmakers are quick to move their openers if they believe sharps might be taking a strong position. Soft openers around pick-em moved initially to FDU, lifting the line to -1.5. By the time you read this, informed money may have shown more interest.

Respected computers see this as a virtual toss-up. Ken Pomeroy (kenpom.com) ranked FDU No. 208 nationally entering the new week, Prairie View No. 209. The NCAA's "NET" ranking system had them at 203 and 205, respectively. That suggests a pullback toward pick-em if there's a further drift away from equilibrium.

There will be a test of wills regarding tempo. Pomeroy ranks Prairie View as one of the 40 fastest teams in the nation after adjusting for opponents. FDU is slightly below average in adjusted pace. Who can pull whom out of their comfort zone?

The winner will be a huge underdog to top West seed Gonzaga later this week in Salt Lake City. **JEFF FOGLE**

Sports on TV Highlights

9:00 pm	**Men's CBB** Temple Owls vs. Belmont Bruins	truTV
7:00 pm	**NHL Hockey** Montreal Canadiens at Philadelphia Flyers	NBC Sports Philadelphia
7:00 pm	**NBA Basketball** Philadelphia 76ers at Charlotte Hornets	NBC Sports Philadelphia +
6:30 pm	**Men's CBB** Fairleigh Dickinson vs. Prairie View	truTV
7:00 pm	**Men's CBB** St. Francis vs. Indiana NIT	ESPN
9:00 pm	**Men's CBB** South Dakota State vs. Texas NIT	ESPN

Sixers and Flyers: Betting previews

MetroBet dives into the Philadelphia sports action for Tuesday night.

PHILADELPHIA 76ERS AT CHARLOTTE HORNETS

The Sixers (45-25) have dominated the Hornets (31-38) of late, winning nine straight tilts while going 7-2 against the spread. This trend should continue at the Spectrum Center on Tuesday. Joel Embiid will be out in order to rest, but his teammates are more than capable of picking up the slack. Jimmy Butler and J.J. Redick have been shooting the lights out in recent contests. Butler has tallied 49 points over his last two tilts on 16-for-30 shooting (53.3 percent). Redick has made 19 of his last 37 shots for two (51.4 percent) and 12 of his last 20 from beyond the arc (60 percent).

Meanwhile, the Hornets are mired in a deep funk, failing to cover in six of their last seven games (2-4 straight-up). ***The play: Sixers spread***

MONTREAL CANADIENS AT PHILADELPHIA FLYERS

The offenses of both the Canadiens (37-28-7) and Flyers (35-29-8) are struggling to some extent, so Under bettors should feel confident heading into this Tuesday night showdown at the Wells Fargo Center.

Montreal has failed to top three goals in seven straight contests, averaging 1.7 goals per game in that span. The Canadiens' league-worst power play (11.9 percent) has tallied just one goal in their last 19 opportunities.

Carey Price and Carter Hart should be able to stonewall these lackluster offenses. Take the Under. ***The play: Flyers spread, Canadiens vs. Flyers Under***

ROBERT CRISCOLA

VSiN DAILY LINE

MEN'S CBB

TEMPLE OWLS VS. BELMONT BRUINS EVEN

FAIRLEIGH DICKINSON -1 VS. PRAIRIE VIEW A&M

NBA

PHILADELPHIA 76ERS -2 VS. CHARLOTTE HORNETS

LOS ANGELES LAKERS VS. MILWAUKEE BUCKS -13.5

NHL

MONTREAL CANADIENS +145 VS. PHILADELPHIA FLYERS -125

PITTSBURGH PENGUINS +170 VS. CAROLINA HURRICANES -150

Temple to face Belmont in Dayton at NCAA First Four tonight

Philly's favorite Owls help kick off the NCAA Tournament tonight.

JOE PANTORNO
joseph.pantorno@metro.us

Temple University's men's basketball team, just one of two Philadelphia programs at the Big Dance, takes the floor tonight in Dayton, Ohio, in the second First Four game of the 2019 NCAA Tournament.

The Owls, who ended their conference tournament on a sour note by being upset by Wichita State in the AAC quarterfinals, had to sweat out Selection Sunday to find out their postseason fate.

A 23-9 record and a third-place regular-season finish in the AAC was just enough to get them an at-large bid.

They'll face Belmont to earn the outright No. 11 seed in the East Region of the bracket, where the winner will go on to face No. 6 Maryland on Thursday afternoon.

Belmont, who won the Ohio Valley Conference regular-season crown, fell to a dangerous Murray State side in the conference final on Saturday.

Here is what to watch for come Tuesday night in Dayton:

MARCH MADNESS HEAD-TO-HEAD
#11 TEMPLE vs. #11 BELMONT
NCAA FIRST FOUR
TONIGHT, 9:10 PM ET, TRU TV

78th	STRENGTH OF SCHEDULE	199th
56th	NET RANK	47th
74.8	POINTS PER GAME	87.4
71.2	POINTS ALLOWED PER GAME	73.9
73.1	FREE THROW %	73.8

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10.7 RPG
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1.4 SPG

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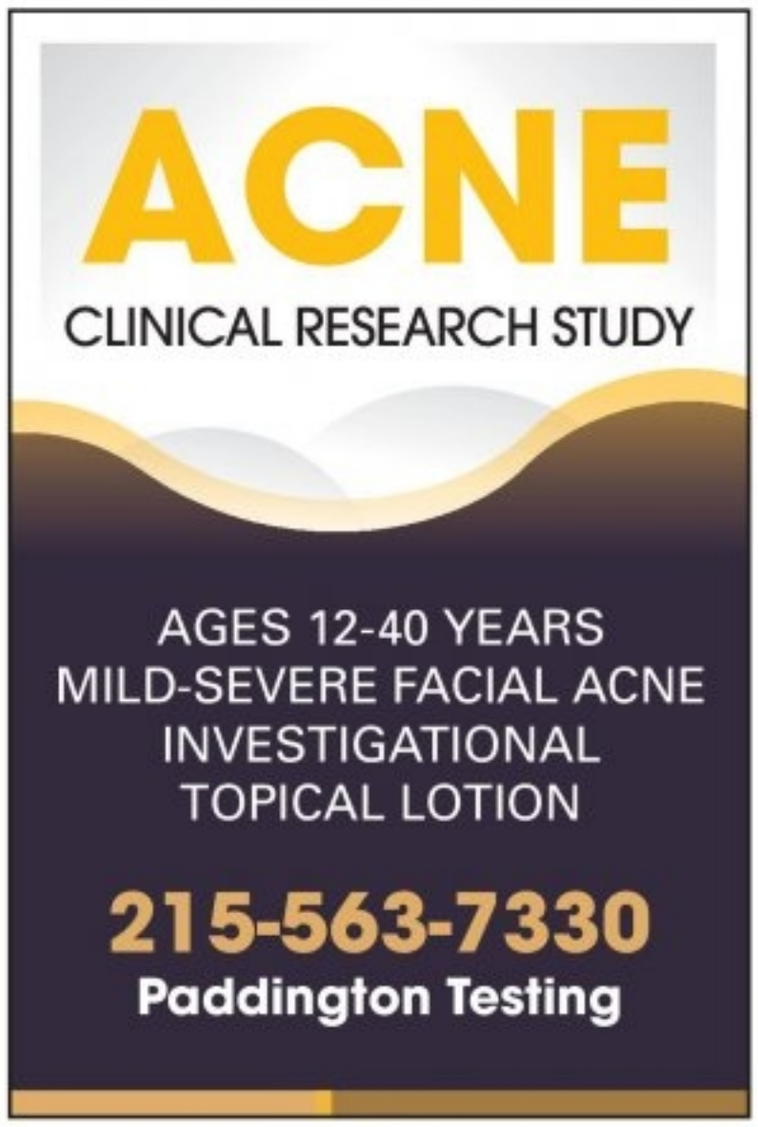

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Court of Common Pleas for the County of Philadelphia, March Term, 2019, No. 001558 NOTICE IS HEREBY GIVEN that on the 7th day of March, 2019, the petition of Aviel Worrede-Rembert was filed, praying for a decree to change her name to Asurayya Worrede. The court has fixed the 22nd day of March, 2019 at 10 o'clock A.M., in Room No. 691, City Hall, Phila., PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

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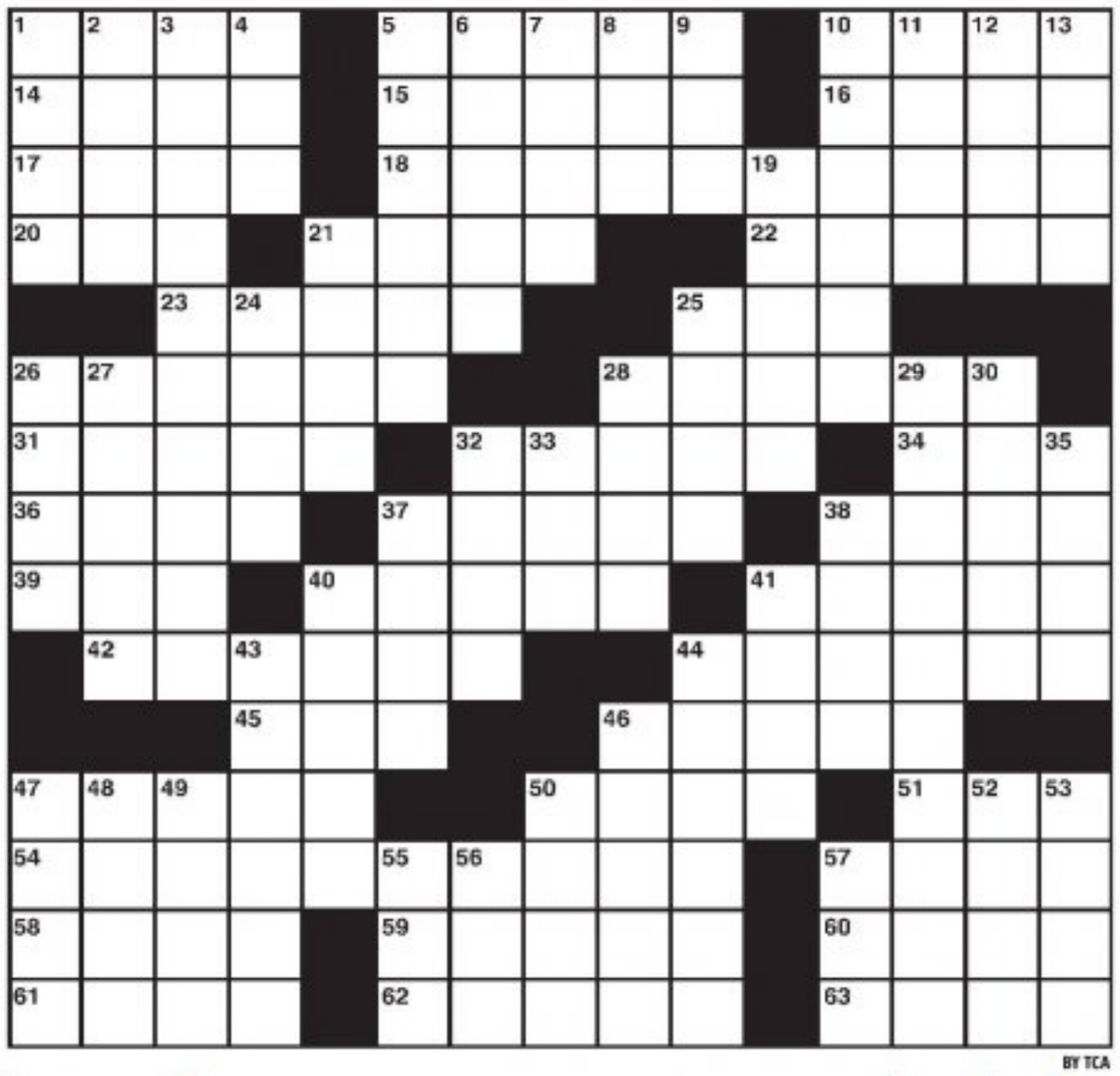
1 Dorothy's dog
5 __ as the hills
10 Playwright George Bernard __
14 British noble
15 Disney dog
16 Easy to handle
17 Actor Everett
18 Harassed
20 Ancient barbarian
21 Charges
22 Some golf tournaments
23 Satchel feature
25 Greek letter
26 Engraver
28 William Randolph __
31 Tear to bits
32 Gather bit by bit
34 Cheap metal
36 Agony
37 Courtroom event
38 Office note
39 Short sharp bark
40 More reserved
41 Cod and Canaveral
42 Address word
44 Bell tower
45 Ram's mate
46 Actress Burke
47 Make amends
50 Ring out
51 Ref's decision
54 Mississippi steamers
57 __ pet; terra-cotta figurine
58 Rowing team
59 Creek
60 Heaven-__; providential
61 Laying birds
62 Lagers
63 Annoys

DOWN

1 Georgia __; Atlanta univ.
2 Home for 2/3 of Hawaiians
3 Court reporter's record
4 Over-the-hill
5 Come into view
6 Get some shut-eye
7 "__ is not to reason why..."
8 TV's Columbo & others: abbr.
9 Female animal
10 Trance
11 Abhor
12 Prayer closing
13 Marries
19 Composer George M. __
21 One of the Flintstones
24 Now and __; occasionally
25 Genuine
26 Notice
27 Bangkok folks
28 Listen
29 Relative by marriage
30 Stopwatch
32 "True __"; John Wayne film
33 Whopper
35 Too inquisitive
37 You, biblically
38 Thick sweet drink
40 Septic tank alternative
41 Jailbird's room
43 Extends one's subscription
44 Wild animals
46 __ from; talk out of
47 Curved beam overhead
48 Michelin product
49 Microwave, e.g.
50 Not at all ruddy
52 Hose problem
53 Quaker product
55 Overalls part
56 Afternoon hour
57 TV crime drama series



BY TCA

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A	E	B	J	I	E	W	O	R	C
M	F	S	M	B	R	U	C	E	O
B	M	I	Y	C	P	L	U	P	O
N	A	X	C	Y	C	W	E	O	L
O	L	T	N	T	I	L	M	O	I
A	C	H	Q	I	I	H	A	L	D
M	O	C	W	C	S	O	F	N	G
J	L	T	U	N	S	E	N	S	E
T	M	U	D	I	E	H	A	R	D
H	S	B	V	S	I	L	L	I	W

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	5		2		1		4	6
1					3	9	8	
			9		7		3	
7		8			5	4		
	9		6	2	4		7	
		4	1			5		9
	2		8		9			
	7	5	4					8
8	1		7		2		5	

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D	D	E		B	O	S			A	R	R	E	S	T
		L	A	R	C	H			L	A	S			
S	P	I	R	I	T			D	E	C	E	I	T	
P	A	N	T	S		T	W	I	S	T		M	E	T
E	Y	E	S		S	I	E	G	E		S	P	R	Y
D	E	S		T	A	M	E	S		L	E	A	R	N
	E	S	S	A	Y	S			G	O	A	T	E	E
			P	R	O			N	A	O	M	I		
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